

Dear Nicasio Families,

We welcomed some relief from the weather this week! Phew! Our school picture day will be NEXT Monday, October 14<sup>th</sup>. All students will have portraits taken in the morning, as well as class and all-school group photos. We do not have a make-up day scheduled so thank you for making sure your students are here on time and ready to smile.



Did you know that parent extraordinaire Shannon Kozubik leads yoga and mindfulness classes for our students two afternoons a month? She will be on campus next Tuesday afternoon. Be sure to ask your children about their favorite pose! Shannon is just one example of the *many* wonderful Nicasio parents (and grandparents) who donate their time and talents to the benefit of all students. Thank you, Shannon!

Please join me for my next Principal's Chat on Wednesday (October 16<sup>th</sup>) at 8:30 am in the MPR. This monthly gathering is a chance to connect with each other informally and hear about upcoming events and activities. Translation, coffee and treats will be provided. Please stop by!



Next Thursday morning (October 17<sup>th</sup>) our school will participate in the California Great Shakeout drill. This is an earthquake drill that is synchronized among all schools across the state. We will practice our earthquake procedures (stop, drop and cover). This is a good time to remind families that in the event of an emergency, we will use our communication system. It is vital we have current contact information on file in the office. If any updates are needed throughout the year, please visit Beth as soon as possible to keep all systems current.

Next Thursday afternoon we will have our annual walking field trip to the Nicasio Valley Pumpkin Patch. We will leave campus around 12:30 pm. **All TK and Kindergarten students must be picked up at the pumpkin patch at 1:30 pm.** Please contact your child's teacher if you would like to join us. All students and chaperones must have appropriate forms signed and submitted in the Main Office.

The Movie Night on Nicasio Square is coming up on Saturday, October 19<sup>th</sup>. This is a very special evening under the stars. See the flyer in Cougar Tracks for more information. Want to help? Please contact Foundation President Teale Thompson.

New this year, the Foundation is hosting a fundraising bake sale at the Nicasio Valley Pumpkin Patch on Sunday, October 20<sup>th</sup>. Please consider contributing to this sale by baking treats and bringing them to campus on Friday or directly to the sale on Sunday. More info included in Cougar Tracks and in the Main Office. Thank you for supporting our school!



Finally, due to scheduling conflicts the Walk A Thon has been *postponed* and will take place in Spring 2025.

Have a great weekend,

Barbara



## **Reminders**

- **Oct 14: Picture Day, 9:00 am**
  - **Oct 16: Principal's Chat, 8:30 am MPR**
  - **Oct 17: Field Trip – Pumpkin Patch**
  - **Oct 19: Movie Night on the Square**
  - **Oct 25: Walk-a-Thon**
  - **Oct 31: Halloween (all-school parade 8:45 am)**
  - **Nov 1: Staff Development – NO SCHOOL**
  - **Nov 11: Veterans' Day Holiday – NO SCHOOL**
- 
- **Oct 14: Día de Foto Escolar 9:00 am**
  - **Oct 16: Platica con la Directora, 8:30 am MPR**
  - **Oct 17: Excursión Plantío de Calabazas, 8:30 am MPR**
  - **Oct 19: Noche de Película en la Plaza**
  - **Oct 25: Walk-a-Thon**
  - **Oct 31: Dia del Brujas (defile escolar 8:45 am)**
  - **Nov 1: Desarrollo Profesional – NO NAY ESCUELA**
  - **Nov 11: Día de los Veteranos – NO NAY ESCUELA**

***DUO DAY Spirit Day!***  
***October 11, 2024***



**MATTHEW**  
**PHOTOGRAPHY**  
**WILLIAM**

Nicasio School Photo Day:

**O c t o b e r 1 4 , 2 0 2 4**

No order is due on photo day for individual portraits!  
Photo Access and Order Information will be emailed.

phone: 971 + 801 + 3580

email: [mwilliamphoto@gmail.com](mailto:mwilliamphoto@gmail.com)

website: [www.matthewphotography.com](http://www.matthewphotography.com)



**DONATE COOKIES AND TREATS  
FOR OUR BAKE SALE  
AT THE NICASIO VALLEY PUMPKIN PATCH  
DROP OFF**

FRIDAY 18TH @3  
IN THE MPR

SUNDAY 20TH @9:30  
NICASIO PUMPKIN PATCH





One tradition in Nicasio School is the celebration of *Día de los Muertos* as a school community by creating a mobile *ofrenda* (altar) with photos of departed loved ones. This year will be in display from Oct. 30 to Nov. 6. Please send your child(ren) with a photo of a family member or pet (labeled with your name) for display on this special exhibit. All photos will be returned after Nov. 6.

Thank you

Una tradición con la comunidad de la Escuela Nicasio es la celebración del Día de los Muertos creando una ofrenda/altar móvil con las fotos de los seres queridos que ya no se encuentran entre nosotros. Este año la ofrenda estará en exhibición del 30 de octubre al 6 de noviembre. Por favor, manden con sus niños una foto de un miembro de la familia o mascota (con su nombre al reverso) para colocarla en esta exhibición especial. Todas las fotos serán regresadas después del 6 de noviembre.

Gracias



# NICASIO OUTDOOR MOVIE NIGHT



FEATURING  
MY NEIGHBOR TOTORO

**OCT 19**

**DINNER @ 6 PM**  
**MOVIE @ 7PM**

**NICASIO  
SQUARE  
BALLFIELD**

Food & Snacks Available for Purchase  
Movie Starts at 7pm, All Ages Welcome  
BYO Picnic Blankets  
1 Old Rancheria Rd.

**PRESENTED BY THE NICASIO SCHOOL FOUNDATION**



&



WELCOME YOU TO YOU A...

# MOVIE NIGHT

VIEWING:

## THE SCALE OF HOPE

OCTOBER 11 TH, 7 PM-8:15 SGVCC COURT YARD  
FREE EVENT!

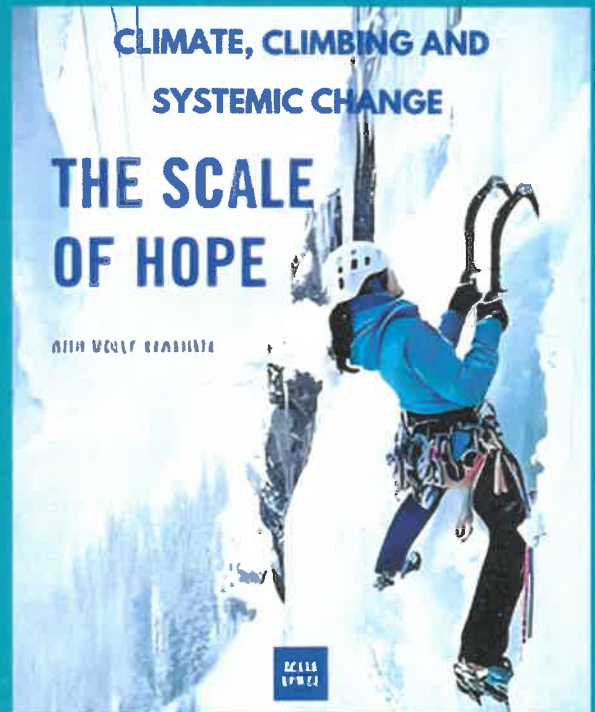
JOIN US FOR AN EVENING OF MOVIES, PIZZA & BAKE SALE

Climate advisor, Molly Kawahata reflects on her time in the Obama Administration, her personal mental struggles, and her love of climbing to create a positive vision of how we can respond to the climate crisis.

BY PANTAGONIA FILMS

Special Q&A with  
director  
Josh Murphy

Donations in support of  
Hurricane Helene victims



**SIMULTANEOUS SHOWING OF THE  
LORAX BY DR. SUESS IN THE EAST ROOM  
FOR KIDS OF ALL AGES!**



# Help Kids Balance Their Media Lives

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to TV shows, games, and information. Parents and caregivers love that kids can stay in contact while they explore their independence. But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips 

1

## **Create screen-free times and zones.**

Help tweens and teens take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table. Consider carving out regular family time when screens are either put away or enjoyed together.

2

## **Explore built-in digital well-being tools.**

Together with your kids, check out the features on their devices and in their apps that can help them use tech more intentionally. Consider turning off autoplay functions, limiting notifications from certain apps, using settings that turn off devices at a certain time each night, and more.

3

## **Model the behavior you want to see.**

Tweens and teens learn more from watching adult behavior than listening to lectures. Consider how you use your devices and other media, and make changes if your use doesn't follow your expectations for your kids.

4

## **Help kids identify healthy behaviors.**

Ask kids to notice their feelings, both physical and emotional, during screen and non-screen activities. Does their heart rate increase when their phone vibrates? Does their self-esteem dip after viewing a friend's Instagram feed? Do they feel good when they get positive feedback on a post? Encourage kids to keep the constructive activities and let go of the rest.

5

## **Understand how tech companies make money.**

Along with your tween and teen, research how digital devices, social media platforms, and apps and games get paid. Do they sell ads? Do they sell kids' data? Discuss why companies might want kids to spend more time on their platforms and what tricks they use to keep their attention.





**M C** MARIN COUNTY  
**F L** FREE LIBRARY

**FREE Homework Help for Students  
in Grades 3-10**



**HOMWORK HELPERS**

**Drop in for multi-subject assistance from  
high school students!**

**4 PM - 5 PM  
Mondays at the Fairfax Library**

**2097 Sir Francis Drake Blvd**

**For more information call  
415.453.8151  
or email  
emily.strempek@marincounty.gov**



All library events are free. Call 415.453.8151. or visit [www.marinlibrary.org](http://www.marinlibrary.org) for more information. Requests for accommodations may be made calling (415) 473-3220 (voice/TTY) or 711 for the California Relay Service or Emailing [library@marincounty.org](mailto:library@marincounty.org) at least four work days in advance of the event. Copies of documents are available in alternative formats, upon request.



# Join Us!

## Preparing Our Kids to Thrive in an Uncertain & Rapidly Changing World with *Madeline Levine, Ph.D.*

For Parents, Caregivers & School Educators and Staff

Tuesday  
October 29, 2024  
6:30 – 7:30 PM  
Virtual

OR

Tuesday  
March 18, 2025  
6:30 – 7:30 PM  
Virtual

*Q&A Included*

Dr. Levine will explore how today's competitive environment, social media engagement, and constant device dependency impacts our children with heightened pressure on academic performance and achievements.

Dr. Levine will provide attendees with effective, evidence-based strategies to nurture resilient, motivated children who can thrive and achieve their goals.

New York Times bestselling author of:

- ***Ready or Not***, focuses on how to best prepare our children and ourselves for an uncertain and rapidly changing world.
- ***Teach Your Children Well***, tackles our current narrow definition of success – how it unnecessarily stresses and marginalizes kids.
- ***The Price of Privilege***, explores why teenagers from affluent families are experiencing epidemic rates of emotional problems.



Madeline Levine, Ph.D. is a psychologist with close to 40 years of experience as a clinician, consultant, educator and author. *Full bio included here.*



## Register Here

Questions? Contact:

Michelle Drake [mdrake@marinschools.org](mailto:mdrake@marinschools.org)

# Yarn Weaving

*Kids' Craft*

Come create  
a dream catcher  
or woven wall  
hanging

Tuesday  
November 5th  
3:30 - 4:30pm  
Fairfax Library

DRawBriDge



For disability accommodations please phone 415-473-3220 (Voice), CA Relay 711, or e-mail [library@fairfaxcounty.org](mailto:library@fairfaxcounty.org) at least five business days in advance of the event. The County will do its best to fulfill requests received with less than five business days' notice. Copies of documents are available in alternative formats, upon request.

# Save the Date

## Mental Health & Wellbeing Series for Parents and Caregivers 2024-2025

**Additional speakers to be scheduled include Dr. Anna Lembke,  
Dr. Madeline Levine, and Dr. Maryam Abdullah**

Email [MCWellness@marinschools.org](mailto:MCWellness@marinschools.org) or scan the QR code for updates



### More information to come!

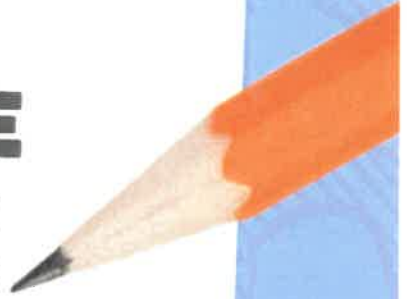
- |                            |  |   |  |
|----------------------------|--|---|--|
| <b>Aug. 26</b><br>5:30 pm  | <b>Straight Talk About the<br/>Triangulum of Nicotine,<br/>Vaping, and Cannabis</b><br><b>Stanford Reach Lab</b><br><b><u>Register here</u></b>        | <b>Nov. 13</b><br>6:15 pm                   | <b>Supporting Healthy Tech-Life<br/>Balance for Youth</b><br><b><u>ScreenSense</u></b>                           |
| <b>Aug. 27</b><br>5:30 pm  | <b>Fentanyl Poisoning Awareness:<br/>Critical Information and<br/>Prevention Resources</b><br><b>Stanford Reach Lab</b><br><b><u>Register here</u></b> | <b>Dec. 4</b><br>7:00 pm                    | <b>The Adolescent Brain</b><br><b>Let's Talk (MHYP)</b><br><b><u>Register here</u></b>                           |
| <b>Sept. 17</b><br>5:00 pm | <b>More than Sad for Parents</b><br><b>AFSP <u>Register here</u></b><br>NOTE: Event is 6 pm Mountain<br>Time/5 pm Pacific Time                         | <b>Jan. 14 &amp;<br/>Jan. 21</b><br>6:15 pm | <b>Safe Social Media Use:<br/>Vigilant Parent Training</b><br><b>Marin County District Attorney's<br/>Office</b> |
| <b>Sept. 17</b><br>6:30 pm | <b>Substance Use and The Middle<br/>School Years</b><br><b>Let's Start Talking (MHYP)</b><br><b><u>Register here</u></b>                               | <b>Feb. 5</b><br>7:00 pm                    | <b>Parenting to Support Our Teens</b><br><b>Let's Talk (MHYP)</b><br><b><u>Register here</u></b>                 |
| <b>Sept. 24</b><br>6:30 pm | <b>Substance Use and The Middle<br/>School Years (Spanish)</b><br><b>Let's Start Talking (MHYP)</b><br><b><u>Register here</u></b>                     | <b>Feb. 27</b><br>6:15 pm                   | <b>The Media and Having Difficult<br/>Conversations with Your Child</b><br><b>Dr. Marie-Louise Mares</b>         |
| <b>Oct. 9</b><br>7:00 pm   | <b>Just Say Know: A Discussion on<br/>Vaping</b><br><b>Let's Talk (MHYP)</b><br><b><u>Register here</u></b>  | <b>March</b><br>6:00 pm                     | <b>Raising Healthy Families</b><br><b>CIP Marin Series</b><br><b><u>Learn More here</u></b>                      |
| <b>Oct. 23</b><br>6:15 pm  | <b>Sleep in Adolescence:<br/>What You Need to Know</b><br><b>Dr. Michelle Jonelis, Lifestyle<br/>Sleep</b>   | <b>Apr. 17</b><br>6:15 pm                   | <b>Talking to Youth about Healthy<br/>Relationships</b><br><b>Center for Domestic Peace</b>                      |
|                            |  | <b>May 7</b><br>7:00 pm                     | <b>Mental Health and Underage<br/>Substance Use</b><br><b>Let's Talk (MHYP)</b><br><b><u>Register here</u></b>   |

**[Additional Safe Social Media Resources Here](#)**

ATTENTION CREATIVES!



**THE  
SPIRE**  
THE TEEN  
MAGAZINE



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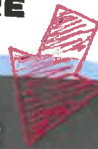
- WRITERS
- EDITORS
- PHOTOGRAPHERS
- ILLUSTRATORS
- GRAPHIC DESIGNS



GET YOUR WORK  
PUBLISHED IN  
**THE ONLY**  
TEEN MADE  
MAGAZINE!



**JOIN US!**  
HERE



CONTACT:  
ANNEMARIE.RUSSO@MARINCOUNTY.GOV  
LUCY.COOPER@MARINCOUNTY.GOV



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ENRICHMENT  
PROGRAM FOR  
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OUR GOAL IS TO  
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READING!**

**Starting Tuesday  
September 17th 3-6  
pm**



**REGISTER BY EMAILING [ANNEMARIE.RUSSO@MARINCOUNTY.CO.V](mailto:ANNEMARIE.RUSSO@MARINCOUNTY.CO.V)**

FOR DISABILITY ACCOMMODATIONS PLEASE PHONE 415-473-3220 (VOICE), CA RELAY 711, OR E-MAIL [LIBRARY@MARINCOUNTY.ORG](mailto:LIBRARY@MARINCOUNTY.ORG) AT LEAST FIVE BUSINESS DAYS IN ADVANCE OF THE EVENT. THE COUNTY WILL DO ITS BEST TO FULFILL REQUESTS RECEIVED WITH LESS THAN FIVE BUSINESS DAYS' NOTICE. COPIES OF DOCUMENTS ARE AVAILABLE IN ALTERNATIVE FORMATS, UPON REQUEST.



# MAKERS MONDAY

Mondays 3:30-5

@ the

Point Reyes Library



## Tools and Mediums

Collaging

Crochet

Friendship Bracelets

Earrings, Necklaces

Beads

Watercolors

Felting

Knitting

3D Printer

Sewing Machine